



Tools For Action

A sample of physical education initiatives in Wisconsin

Active Lifestyle Award

Contact Information

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Program Information

Program Name Active Lifestyle Award
Program Category Activities done outside of PE class time for additional credit
Grade Level Elementary School (3-5); Elementary School (K-2)
Assessment Method Fitness indicator (test scores, miles walked); Impact on behavior (increase in active minutes or miles walked); Participation rates (number of students involved)

Program Information

Products Developed or Materials Used:

Pedometers

Program Description:

I was looking for an alternative to the Presidents fitness testing. I wanted to incorporate a program that a majority of our students/parents could be successful. This program is six weeks long and the student needs to be active for 60 minutes per day.

A Wisconsin Physical Education Program

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgaig@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
Pesikme@dhfs.state.wi.us (Mary Pesik, Program and Grant Coordinator)